

Brown Rice Pudding²⁰

Number of Servings: 20 (190.4 g per serving)

Amount	Measure	Ingredient
3 1/4	qt	Milk, 1%, w/add vit A & D
2 1/4	cup	Rice, brown, med grain, ckd
1.00	tsp	Spice, cinnamon, ground
1.00	tsp	Spice, nutmeg, ground
14.00	Tbs	Sugar, brown, packed

Nutrients per serving

Nutrition Facts	
Serving Size (190g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Heat milk to scalding in double boiler or microwave. Add other ingredients, combine and pour into baking pan (9X9" pan for 10-15 servings, larger pan sizes for more servings).

Bake at 275 degrees for 2 1/2 HOURS.

Stir after each 1/2 hour of baking. After product has baked for 2 hours and has been stirred, cover with foil and bake for the last 1/2 hour. Remove from oven, remove foil. Cool down to 140 degrees and then refrigerate, covered loosely with foil, overnight.

1 serving = 1/2 cup + 1 T lite whipped topping

Product will be chewy but tender. Brown rice needs to be used for the magnesium content.

1/2 c = 1 #8 scoop level = ~23 g CHO = 1 1/2 CS

Serve chilled at <41 degrees F.

Notes

PREPARE DAY BEFORE: this recipe must cool to thicken

Potentially Hazardous Food. Food Safety Standard: Chill after preparation. Hold for service at temperature of 40 degrees F or less.

1/3 cup white sugar may be substituted for each 1/4 cup brown sugar in recipe